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## Piano music for sleep

Dec. 18, 2016, 2:36 PM UTC / Source: TODAYBy TODAYAfter the untimely death of their son, a couple from St. Louis started a nonprofit organization called Pianos for people who offer free lessons - and even pianos - for those in need. NBC's Ron Mott reports for Sunday today on how this program is changing lives through music. Brandy Kraemer, 2016 The piano uses two staves, high and bass, and the notes are slightly different on each. Test yourself on lower octave staff notes - Choose from five, ten, or fifteen questions. Lessons to review: Mnemonic devices for Bass NotesReading Ledger Lines Brandy Kraemer, 2016 Depending on where you live, musical notes go with different names. Try a beginner's quiz about note values and rhythm in your chosen dialect. Note-Length Quiz Brandy Kraemer, 2016 See how well you can identify musical keys, key signatures and their relative minors - Choose from four, eight, twelve, sixteen or twenty questions. Lessons to analyze: Reading brandy Kraemer key signature, 2016 How well can you identify and interpret music volume commands and their corresponding sheet music symbols? Try the music volume test — Choose from five, ten, or fifteen questions. Lessons to Review:Common Dynamics SymbolsVolume &amp; Dynamics Terminology Brandy Kraemer, 2016 Test your knowledge of tempo terminology, BPM and the most common metronome brands found in piano music — Choose from five, ten, or fifteen questions. Review Lessons:Tempo Marks &amp; BPMGlossary of Tempo Commands This sonic meditation practice is the newest way to get Zen. Let me be clear: I am the least zen person in the world. I don't meditate (despite the fact that I have several meditation apps on my phone). When I'm in a yoga class, I'm never really fully at the moment. Deep breath. Sitting quietly. It drains my brain of all my thoughts. I. Just. It can't be. My mind is in a constant state of frenzy, which is why I thought it might be worth trying to practice conscious meditation known as sound bath therapy. Haven't you heard of her? A sound bath involves letting the sonic waves (or vibrations) produced by Tibetan singing bowls wash over you in an effort to activate your mind, body and spirit-and melt away for-up stress. [Sound baths] are the highway to enter a meditative state of consciousness, explains Abigail DeVine, a yoga instructor and massage therapist who is competent in vibrational sound and energy work. Sound acts as a beacon, calming the noise of our mind towards relaxation, peace, and tranquility. Sound baths are also said to help improve sleep and relieve emotional pain and that could not these advantages, right? RELATED by: Best Online Meditation Videos under 10 minutes So I drove over the NYC bode for a session led by DeVine, which finds that this kind of guided meditation is especially good for beginners because you're essentially letting another person make driving for you. Dressed in white with gold gold Paint on her face and her hair wrapped in a turban, DeVine sitting in front of the room with seven Tibetan singing bowls of different sizes-each representing one of the seven Chakras-arranged in a semi-circle in front of her. When you leave here, you'll feel like Hakuna Matata, she announced to the class, referring to don't worry Swahili's catch phrase from Disney's increasingly popular film The Lion King. Standing with our legs crossed on yoga mats, we began our conscious journey with working breath, inhaling deeply and chanting man on exhalation. We repeated this sequence three times, and then were instructed to lay on our mats with our heads toward the center of the room, with small towels placed over our eyes. DeVine started running a small hammer along one of the bowls. I later found out that the bowl was tied to the root chakra, which is associated with feelings of safety, security, and being grounded. There's a melodic pattern. I breathed deep in and out, trying to surrender to the sound. The tones changed throughout the session as DeVine handled the bowl; sometimes they were noisy and bold, others softer. There was even a moment when I felt DeVine standing over me hitting the bowl. She mentioned before class that sometimes the energy will draw her towards certain people during a session. I think my root chakra needed some extra healing. After about 45 minutes, I sat slowly in a groggy state. I'll admit that I bet briefly and caught myself snoring a few times. (I often do this during massages and have been told it is a compliment to the masseuse. So let's just say I paid DeVine the highest compliment that night.) Oddly enough, though, I felt extremely relaxed, more than I had in a long time. I also felt altered. I'm not sure to explain it exactly, but something just felt changed in me. DeVine noted that when you are body and mind relax so quickly and deeply, it releases all kinds of invisible energies trapped and feelings. It also took a solid 10 or so minutes before my mind started racing again so kudos for that. After the sound bath, DeVine facilitated a 30-minute purification exercise focused on the Second Chakra, which is all about creation, connection and intimacy. The purification exercise allows us to practice peace and forgiveness in the present moment, making room for us to be the best, the highest self, she said. While the idea seems great, this is where things have got a little woo-woo for me. We were asked to think of five people who caused us pain, then reduce the number to three and finally to one. DeVine instructed us to close our eyes and imagine that the crown of our head was open, and there was a white light that in it. We should have focused on the white light until it turned blue. We had to imagine then that this person was standing in front of us, and thinking about all the bad things he did, and then swallowing all the pain in a flower within us. Next Next this person who hurt us with good thoughts until they became too blue – and then releases everything, all the pain, negative feelings and everything else unpleasantly associated with this person. RELATED: This method of easy meditation will help Clam your anxiety while I did focus and exercise, it was just way too intense for me. White light. Blue light. Swallow the pain in a flower inside. Huh? I don't think I was really ready to commit to this level at a meditative practice, especially on a Saturday night. (Maybe if I ever do, I'll be able to get rid of some of the stuff from my past, which is probably still affecting me.) All in all, though, the experience was quite reassuring. And I would totally make the bathroom sound again, but maybe a solo trip next time, which DeVine says are customized for your personal needs, allowing you to focus your energy to reveal blocks according to chakras. I'm thinking I'd like to see it feels my energy when it's not co-mingling with others, if that's even a thing. The dangers of sleeping with Earbuds Earbuds may be uncomfortable to sleep in, especially if you lie on your side, but there are some hidden dangers as well. The most disgusting is necrosis, which is when your body tissue dies due to lack of blood flow. In theory, the pressure your headphones put over time could disrupt circulation and lead to necrosis. This is a longshot and it would probably take time to happen. Keep an eye on your ears and you'll probably be fine. If you are concerned, ask your doctor because we are not trained medical professionals and cannot be held accountable if, in fact, ear tissue dies of prolonged earbud use. Wax Build Up Our ears are continually creating wax, which helps protect the ear canal and keep it clear from foreign objects. However, when it accumulates, it can do the exact opposite. It can also block our ears. Too much wax build-up affects our hearing, and it's an ordeal to clean it up. Prolonged use of the earwax can lead to the accumulation of wax, as the earbuds block the point of exit of the wax. Look at your current headphones. If you see a ton of wax inside them, you may have too much of this substance in your ears as well. Strangulation If you die of strangulation from wearing earbuds while you sleep, you are the worthy winner of a Darwin Award. Yes, there's a risk of strangulation if you sleep with a cable near your head, but it's incredibly remote if you don't have a poltergeist living with you. For those who are too concerned, try wireless, Bluetooth headphones or pillow speakers, which we will point out now. Other Radio Alternatives If You're a Sleep or your partner is extremely tolerant, you might want to listen to the radio as you drift off to your dreamland. These alarm clock radios that were common in the 90s are particularly useful because of the characteristic snooses. You can set a timer, and the music will stop after a certain period. Several modern devices also have this feature, although although button name will vary depending on your equipment. Special headphones Earlier I mentioned wireless headphones to reduce the already unlikely risk of strangulation. Another option is headphones, which are embedded in a tape, aptly called headband headphones. They have built-in headphones that are locked inside a strip. Sound quality is not as good as headphones directly in your ear, but you will find these infinitely more comfortable. Check Out Our Complete Guide: The Best Headphones for Sleeping Frequently Asked Questions Can Music Help People With Insomnia? Yes, absolutely! Helps in a variety of ways. First, it can help slow your heart rate and breathing, if you choose songs that are slower and soothing. Secondly, it can distract you from the troubles of the day. And thirdly, if you listen to music every night, it can become part of your night routine. Having a routine set every night signals your body as it's bedtime, helping you fall asleep faster and stay in a more restful state. What types of songs are best for sleeping? Ideally, you want songs that most closely mimic your heart rate. Look for songs in the range of 60 to 80 beats per minute (BPM). If you're not sure how many BPMs a song has, you can search for virtually any song on songbpm.com. Experiment and feel free to try more songs optimistic as well. Some people prefer to fall asleep at tempo quickly beat, while others find classical music to be the best. We're all different, so please feel free to explore and do what works best for you. Read Our Complete Guide: Best Sleep Music Does It Affect Your Dreams? Anything in our external environment can affect our dreams. You must have had dreams where you heard the phone ring, just to wake up and hear that the music was actually ringing. The same principle applies to music. According to the researchers, if there is a song that is sung in the room where you dream, you are more likely to hear music in your dreams. Dreams.

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